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September 15, 1953



With Evelyn L. Blanchard, Nutrition Specialist

For your information

TO AGENTS AND SPECIALISTS ATTENDING WORKSHOP IN COLORADO:

Subject: Colorado Nutrition Workshop

The two committee reports, (1) 4-H Foods Project Committee Report, Teen-Age Food, and (2) Report of Program Planning Committee, will be sent with material going to all specialists.

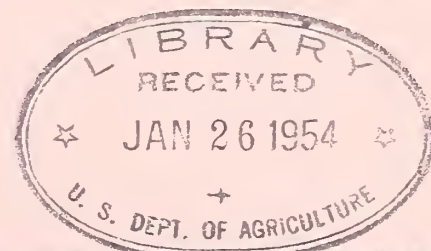
The 4-H Club and YMW Programs Division asked for copies of the 4-H Project Committee Report to send to the States also, so it appears that committee did a fine job. Janet Cameron came out with an attractive mimeograph, "Teen-Age Food." Congratulations.

The suggestions you had for the National Committee on Boys and Girls Club Work were forwarded to them, and Kenneth Anderson wrote me: "We feel all of these suggestions have merit, and in our negotiations with donors during the coming months, we will present these ideas for consideration. It may not be possible to achieve the desires of the Nutrition Workshop group in full, but you may be assured we will do our best. It was a real pleasure to participate in the Colorado Workshop."

You may like to know that both your comments on the proposed 4-H leader training meeting and the booklet How To Manage Your Time for Easier Meals were put into immediate use.

After looking over your questions again I talked with Laurel Sabrosky, and we decided to write a short article on wording questions. I think some of you felt we left that unfinished at the workshop.

On your evaluations you selected as the three most helpful consultants Gale Ueland, Dr. Abby Marlatt, and Mae Baird.



U.S. Department of Agriculture, Extension Service, Washington 25, D.C.

I really miss all the workshop group. I hope you enjoyed it as much as I did. Thanks for all those kind letters.

Sincerely,

A handwritten signature in cursive script that reads "Evelyn L. Blanchard". The signature is written in dark ink and is positioned above the typed name.

Evelyn L. Blanchard
Extension Nutritionist

Enclosures

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Let's Talk Extension Nutrition



With Evelyn L. Blanchard, Nutrition Specialist

For Your Information

COMMITTEE REPORTS OF NUTRITION WORKSHOP
Colorado A. and M. College
August 1953

4-H Foods Projects Committee Report

Objective:

To make suggestions for adapting 4-H foods projects to the developmental needs of the preadolescent and the adolescent.

One member of the committee chose the problem of writing a leaflet for mothers of teen-age girls to interest them in helping their daughters improve their daily diet. She considered the developmental needs of the adolescent in preparing this leaflet.

References:

Developmental Tasks and Education. Robert J. Havighurst.

Featuring Mental Health in Our Schools. National Education Association.

How To Teach Nutrition to Children. Pfaffman.

White House Conference Blue Book.

U.S. Department of Agriculture, Extension Service, Washington 25, D.C.

4-H Project Planning

I. Preadolescent -- 9 to 12 years

Developmental phase	: Adaptation to project	: Project	: Some aids
1. Idolize movie stars, athletes, local popular figures.	: Glamourize nutrition on the basis of appearance, energy, personality--what good nutrition can do for you.	: Use this information in printed form in bulletins, in talks given by local leaders and home agents.	: Food for Thought Lever Bros. Sugar'n Spice. Westinghouse Electric, Mansfield, Ohio
2. Interest span is short and interests are varied.	: Plan short activities. Start where the girls are and plan activities they want to do. Allow girls to have some choice of activities to complete the project. To make printed material interesting use many clever illustrations, minimum amount of printed material written in interesting short sentences.	: Snacks. Popcorn balls. Candy. Plan a party. Outdoor meals. Let's bake cookies Quick breads. Easy breakfasts. Sandwiches. Quick, easy desserts. Easy steps in setting the table	: Teen-Age Cook Book. Imperial Sugar Co., Sugarland, Tex. Learning To Cook and Serve Our Meals. National Dairy Council. Mother Hubbard's Cupboard (chart) General Mills
3. Like to work in groups.	: Plan activities in which all club members can take part. Groups like to plan and prepare simple meals snacks, party food, etc. Make a game out of teaching basic 7	: Let's cook lunch Let's cook breakfast. fast. Games such as: Vitamingo. Road to good health (Maryland). Songs on food	
4. Desire approval from leader and group.	: Plan tasks within club members' ability--use simple recipes, equipment etc. Have girls give short demonstrations. Teach	: Plan for achievement days. Arrange for girls to give demonstrations to other groups in the community. Teach evaluation	

Developmental phase	Adaptation to project	Project	Some aids
4. Continued	standards of food products which they are able to achieve. Practice Danish system of awards for recognizing a larger number of girls. Parents, leaders, and agents should encourage and compliment members on their work.	of products pertaining to projects at 4-H meetings. Let girls evaluate their products.	
5. Developing physical skills	Plan activities in projects in which they can use their hands. Let them measure, mix, peel, manipulate doughs.	Let's bake cookies. Quick breads. Snacks.	
6. Like to collect	Make collection of recipes pertaining to project. Make a scrap-book of picture cut-outs of foods in the basic 7.	Adapt to any project.	

II. Adolescent -- 13 to 18 years

Developmental phase	Adaptation to project	Project	Some aids
1. Boys and girls like to do things together	Plan 4-H projects for both boys and girls	Entertaining. Snacks. Outdoor cookery. Special occasions	Magazines. Your Dreams Come True. Westmoreland Commercial leaflets. National Diary Council.
2. Group ties strong. Strive for approval of both sexes.	Need to know how to act in certain instances	Etiquette for both boys and girls.	The Gracious Hostess, filmstrip. Manners Made Easy. Your Manners Are Showing.

Developmental phases	: Adaptation to project	: Projects	: Some aids
3. Accepting the reality of one's appearance.	: Appeal to the vanity of the individual.	: Nutrition in relation to looks.	: Let's Talk About The Teens. Lever Bros. Food Becomes You. Leverton.
		: 1-Normal healthy individual	: Weight Reduction Thru Diet, film.
		: 2-Overweight.	
		: 3-Underweight.	
4. Finding the mate and preparation for marriage.	: The girl in order to be a good wife wants to be ready for marriage.	: 1-Table appointments, selection and dishes:	: The Bride's Book. Westmoreland.
		: 2-Wedding receptions.	
		: Buffets.	
		: 3-Diet in relation to motherhood.	
5. Establishing independence, wants to be a leader.	: Assuming responsibilities in the home and at club level. Junior leaders.	: Meal planning, serving, and buying.	: Meal Planning and Table Service. N. Bailey McLean.
		: 1-Consumer education.	: How To Manage Your Time For an Easier Meal.
		: 2-Fancy cookery.	
		: 3-Family meals.	
		: 4-Food preservation.	: Bulletins.
		: Let members assume adult responsibilities in club.	

Teen-Age Food

The Teen-Ager's Needs, Interests, and How To Meet Them

1. Your Teen-Ager -- How Well Fed Is She or He?

"What's to eat, Mom--I'm starved," is the cry of most teen-agers--always hungry--and apparently always eating! Why, then, do the studies in every part of the country show that they are the poorest fed members of the family?

1. Boys eat somewhat better than girls, but even they don't get enough milk, vegetables, or fruits.
2. Most teen girls are determined not to be fat.
3. Both boys and girls have so many interests that they consider food important only when it is a means of sociability--snacks to fix together or to get at the drug store.
4. They often don't like milk--girls are worse about this.
5. Studies at Iowa State College show that girls who have poor diets do not develop strong bones, have a harder time when they marry and become pregnant, and are less apt to produce strong, healthy children.

2. What Do Teen-Agers Want?

Studies of the group show they want to:

1. Be independent -- of parents, leaders, adults.
2. Be like the crowd.
3. Get recognition and approval of their group.
4. Look like movie stars or great athletes.
5. Have fun with the boys and girls together.

3. What Can Teen-Agers Do To Eat Better?

1. Realize that clear skin and sparkling eyes come from good food habits (few sweets).
2. Understand what a good diet can do to give more pep, energy, and maybe even to think more clearly.
3. Learn that a good diet helps to get or keep a good figure -- and that sweets are the worst fattening foods.

4. What Can Parents and Leaders Do To Help Teen-Agers To Eat Better?

1. Check to learn just what your child or your club members are eating -- don't forget snacks!
2. Help them to understand that those glamorous movie stars or athletes had to eat good food for years to look and act that way.
3. Help them to demonstrate and try some good nutritious snacks like the ones listed here. Try to guide them away from carbonated soft drinks, candy, cake, cookies, pies, doughnuts, as snacks or club refreshments (but let them think it's their idea!).

FAVORITE SNACKS FOR PEP AND FUN!

Juicy-Burgers

- 1 pound hamburger
- 1 cup milk or tomato juice

Heat heavy frying pan. Cover with a thin shaking of salt. Add no fat. Drop spoonful of meat mixture on pan. Flatten it and let cook until brown. Turn only once. This takes longer to brown than regular hamburger on a greased frying pan, so give it plenty of time with moderate heat to brown well before turning. Serve with onions, shredded green peppers, or catsup.

Magic Fruit Whip

- | | |
|-----------------------------|---------------------------------|
| 2 egg whites | 1 cup soft fruit (strawberries, |
| $\frac{1}{2}$ cup sugar | apricots, peaches, crushed |
| 1 tablespoon lemon juice | pineapple, prunes) |
| $\frac{1}{2}$ teaspoon salt | |

Put all into big bowl of electric mixer and let it beat until thick. Serve on salty crackers, in dessert dishes, or plain cake, or freeze it for a "smooth" dessert.

Purple Cow (serves 1)

Purple cows are almost sure to appear at your house many times after you first introduce them.

- | | |
|---------------------------------------|--------------------|
| $\frac{1}{2}$ cup chilled grape juice | vanilla ice cream |
| 2 tablespoons sugar | chilled ginger ale |
| 1 tablespoon milk | |

1. Put grape juice, sugar, and milk into a shaker or fruit jar. Shake well.
2. Add $\frac{1}{2}$ cup of chilled ginger ale and 1 large serving of ice cream and stir with a spoon until blended.
3. Pour into a large, cold glass.
4. Add extra ginger ale if necessary to fill glass $\frac{3}{4}$ full.
5. Top with another serving of ice cream.

Lemon Cooler (serves 1)

This is the smooth, creamy way to serve lemonade.

- | | |
|--|-----------------------------------|
| 1 cup ice water | Pinch salt |
| $\frac{1}{4}$ cup lemon juice (or $\frac{1}{4}$ cup frozen lemonade) | 1 large serving vanilla ice cream |
| $\frac{1}{2}$ cup sugar | |

1. Put all ingredients into a mixing bowl.
2. Beat just long enough to blend.

September 1953

Let's Talk Extension Nutrition



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COMMITTEE REPORTS OF NUTRITION WORKSHOP
Colorado A. and M. College
August 1953

Report of Program Planning Committee

This committee realized that a successful program is based on the needs of the people. How to help people discover their needs was the big problem. It was decided that in this fundamental task, the nutrition specialist could assist the county program planning group. One of her methods of assistance could be to help them plan and word questionnaires, or check sheets, on specific problems.

The committee divided into two groups. One group worked out a brief questionnaire to find facts regarding the use of milk in the county. The other group made a simple check sheet to find to what extent leafy, green, and yellow vegetables were being used in the diet.

The specialist could later aid in tabulating, analyzing, and interpreting the results, so the program planning group could use the information.

The purpose of this first questionnaire is to determine the amount of milk consumed by the entire family as well as by age groups within the family. The information might serve as an indication of a need for an educational program on the use of milk.

U.S. Department of Agriculture, Extension Service, Washington 25, D.C.

Homemakers' Report on Use of Milk in _____ County.

1. Number of family members eating at home _____. (Family members include all people living in your house.)
2. Fill in blanks below.

Age groups	:	Number of family members in each group	:	For the past month, what is the average number of glasses of milk drunk per day by members of these family groups?
0 to 5 years	:	_____	:	_____
6 to 12 years	:	_____	:	_____
13 to 18 years	:	_____	:	_____
Over 18 years	:	_____	:	_____

3. Are there any family members who do not drink milk? Yes ____ No ____.
If so, fill in below the number in each age group who do not drink milk.

0 to 5 years _____
6 to 12 years _____
13 to 18 years _____
Over 18 years _____

4. Check the reasons why these family members do not drink milk.

Don't like milk _____
Allergic to milk _____
Milk seldom offered _____
Milk too expensive _____
Other _____

5. Check below the source of your family milk supply.

Produced at home _____
Bought at store _____
Delivered to your door _____

6. Check below the form of milk your family drinks.

Raw whole milk _____
Pasteurized whole milk _____
Fresh skim milk _____
Dry skim milk _____
Buttermilk _____
Other _____

7. Check below the form (or forms) of milk you use in cooking.

Fluid whole milk _____
Dry skim milk _____
Buttermilk _____
Evaporated milk _____
Condensed milk _____
Other _____

8. Estimate the total number of quarts of milk your family uses each week. Include all forms of milk used for cooking and drinking.

Total quarts of milk _____

Turn to page 4 for vegetable chart.

Use of Leafy, Green and Yellow Vegetables in the Home

Please complete this check sheet, which is to be given to the foods project leader at the close of today's club meeting.

The information needed is:

1. That we may know how many families are using leafy, green, and yellow vegetables.
2. To assist in planning next year's food program.

Questions:

1. How many members are in your family? _____ (Includes all people eating dinner in your home).
2. Did you have a garden this summer? Yes ____ No ____.

Please check how many times a week you served a leafy, green, or yellow vegetable during the summer (June, July, August). Includes fresh, canned, or frozen vegetables.

During the summer, I served the following vegetables the number of times I checked:	:An average :of 6 or more :times a week : (72 or more :times during :summer)	:An average :of 3 to 5 :times a :week (36 to :60 times :during :summer)	:An average :of 1 to 2 :times a :week (12 to :24 times :during :summer)	:An average :of less :than once :a week (1 :to 12 times :during :summer)	: Not :served :during :summer
Swiss chard.....	:	:	:	:	:
Collards.....	:	:	:	:	:
Turnip greens.....	:	:	:	:	:
Mustard greens.....	:	:	:	:	:
Spinach.....	:	:	:	:	:
Lettuce.....	:	:	:	:	:
Endive.....	:	:	:	:	:
Green pepper.....	:	:	:	:	:
English peas.....	:	:	:	:	:
Asparagus.....	:	:	:	:	:
String beans.....	:	:	:	:	:
Green lima beans..	:	:	:	:	:
Okra.....	:	:	:	:	:
Broccoli.....	:	:	:	:	:
Brussels Sprouts..	:	:	:	:	:
Cabbage.....	:	:	:	:	:
Watercress.....	:	:	:	:	:
Parsley.....	:	:	:	:	:
Carrots.....	:	:	:	:	:
Yellow squash.....	:	:	:	:	:
Pumpkin.....	:	:	:	:	:
Rutabaga.....	:	:	:	:	:
Sweetpotatoes.....	:	:	:	:	:

